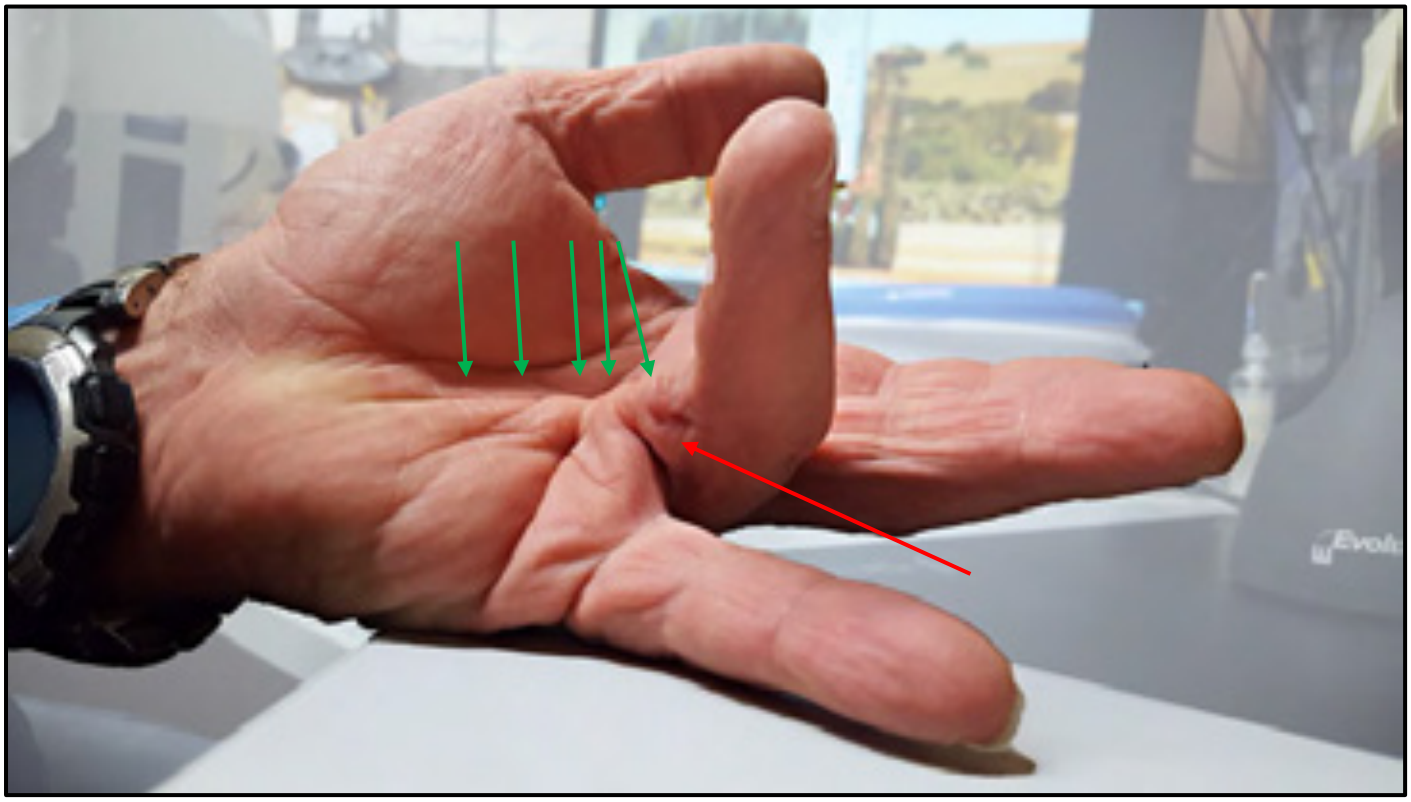
Dupuytren's contracture is a condition in which one or more fingers become permanently bent in a flexed position.[2] It usually begins as small hard nodules just under the skin of the palm.[2] It then worsens over time until the fingers can no longer be straightened. While typically not painful some aching or itching may be present.[2] The ring finger followed by the little and middle fingers are most commonly affected.[2] It can interfere with preparing food, writing, and other activities.[2]
in Norway about 30% of men over 60 years old have the condition.[2] In the United Kingdom, about 20% of people over 65 have some form of the disease.[7] It is named after Guillaume Dupuytren, who first described the underlying mechanism in 1833.[7]
I'm Rob, my finger began to change after I recommenced working out with weights at the age of 58-59 and gradually worsened until the age of 69 when I could not put things down without the item staying trapped and still retained by the contracted finger.
The ring position site on the left-hand ring finger was damaged when I was in my early 20's with a scar tissue right where the ring would normally sit. This was the point that commenced to grow and contract my finger.



The above image displays the contraction of the left-hand ring finger back in 2017 before surgery, The arrows display the tissue that has contracted, it was not possible to straighten the finger any further than the image, the red arrow displays the scar where it developed from.

The Surgeon that Operated

Dr John Tawfik
Hand and Wrist Surgeon
MB BS, B Pharm, FRACS (Orth), FAOrthA
P: 1300 829 345; E: info@tawfik.com.au

Dr Tawfik is an Australian trained Orthopaedic surgeon who sub-specialises in Hand and Wrist Surgery.

He completed his MB BS and B. Pharmacy at the University of Sydney in 2000. He completed Advanced Training in Orthopaedic Surgery and subsequently obtained his Fellowship of the Royal Australasian College of Surgeons (FRACS) in 2009.

Internationally, Dr Tawfik undertook a 12 month fellowship in Hand, Wrist and Microsurgery at Chelsea and Westminster Hospital, UK as well as at Kantonsspital st. Gallen, Switzerland. He then returned to Australia and completed the prestigious 12 month Sydney Hospital and St Luke's Hospital Hand Surgery Fellowship in Sydney, Australia.

Dr Tawfik manages all conditions of the hand and wrist including arthroscopy and microsurgery. He has an interest in the treatment of acute injuries of the hand, including finger, hand and wrist fractures as well as tendon and nerve injuries. He treats all sports injuries affecting the hand and wrist. He is accredited to prescribe and administer Xiaflex for the treatment of Dupuytren's disease. He also has an interest in the treatment of de Quervain's tenosynovitis, trigger finger, Carpal tunnel Syndrome, Arthroscopic wrist Surgery, Microsurgery, and Surgery for Dupuytren's disease.

Specialist Anaesthetic Services

Dr Kevin Russell MB ChB FANZCA Provider Number: 2129733A ABN: 23 921 496 876
Suite 3, 100 Alexander Street, Crows Nest NSW 2065
T: (02) 8436 7618 | E: anna@sydneyanaesthetics.com.au

Physiotherapy

Newtown Hand Therapy
Suite 3, I Erskineville Road,
Erskineville NSW 2042
Adrian Follow, Physiotherapist
www.newtownhandtherapy.com.au

The Operation on my finger was performed on 17th December 2018

22nd December 2018

5 Days

23rd December 2018

25th December 2018

8 Days

25th December 2018

25th December 2018

8 Days

25th December 2018

25th December 2018

Commenced to work with Adrian Jollow, Physiotherapist, the splint worn at night keeps the hand straight, 1 or 2 Panadol at night removes the feeling when the splint is on.

www.newtownhandtherapy.com.au T: 02 9519 4913

25th December 2018

26th December 2018

9 Days

26th December 2018

26th December 2018

26th December 2018

28th December 2018

28th December 2018

12 days

29th December 2018

30th December 2018

15 Days

1st January 2019

2nd January 2019

18 Days

3rd January 2019

3rd January 2019

7th January 2019

7th January 2019

21 Days

7th January 2019

9th January 2019

9th January 2019

11h January 2019

11h January 2019

11h January 2019

12th January 2019

12th January 2019

12th January 2019

28th January 2019

28th January 2019

28th January 2019

30th January 2019

44 Days

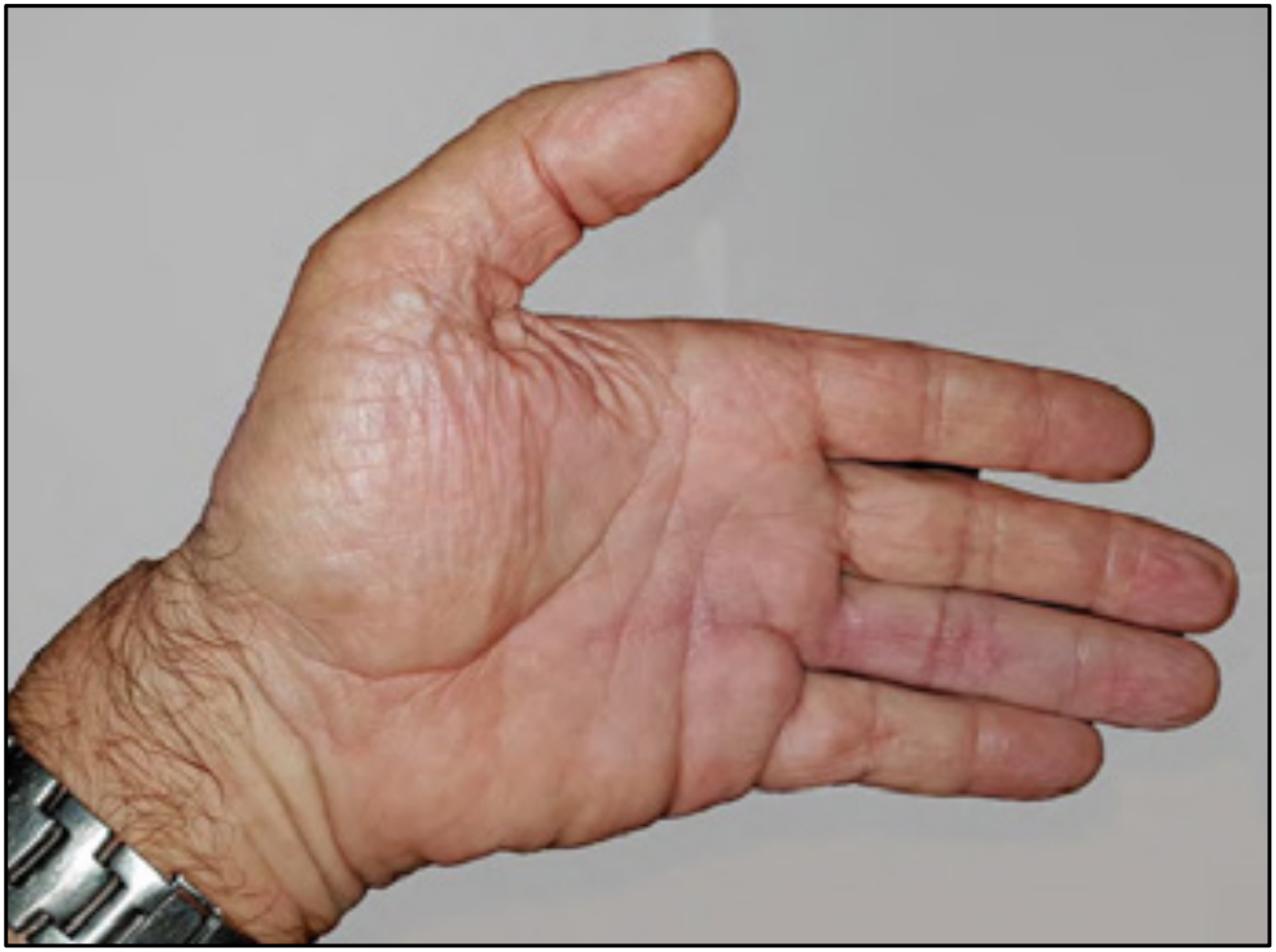
30th January 2019

44 Days

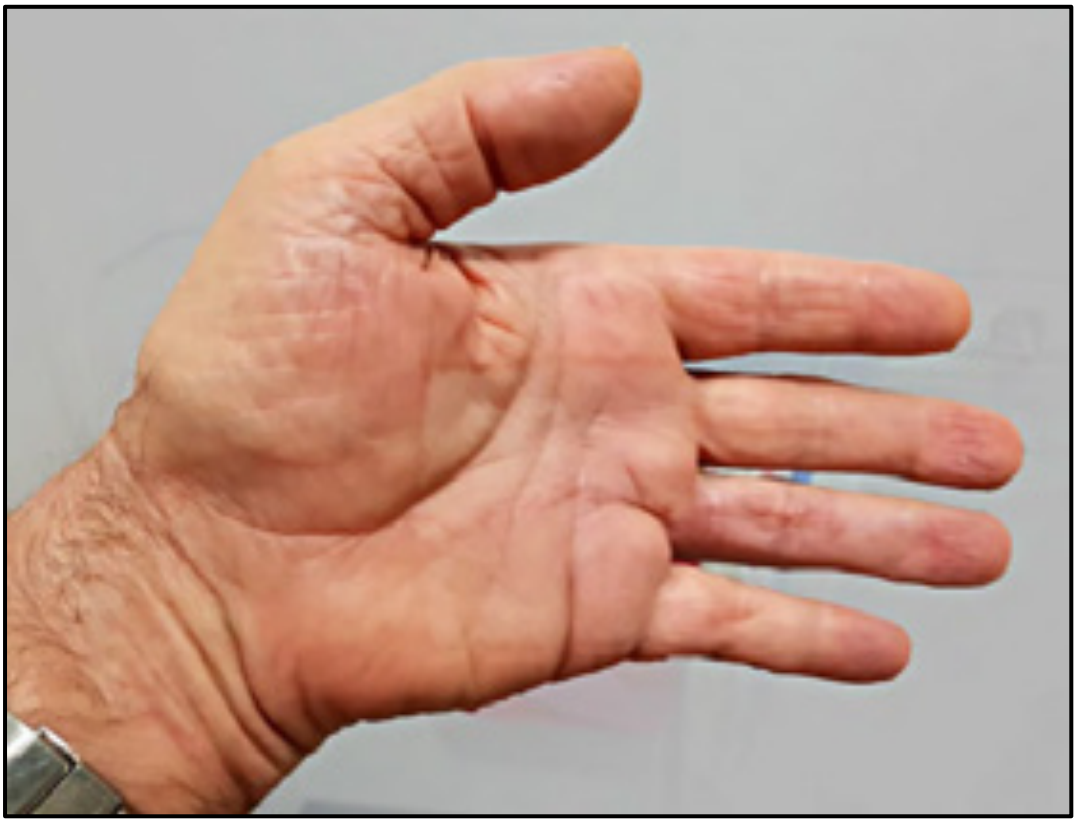
30th January 2019

30th January 2019

14th Feburary 2019



15th February 2019

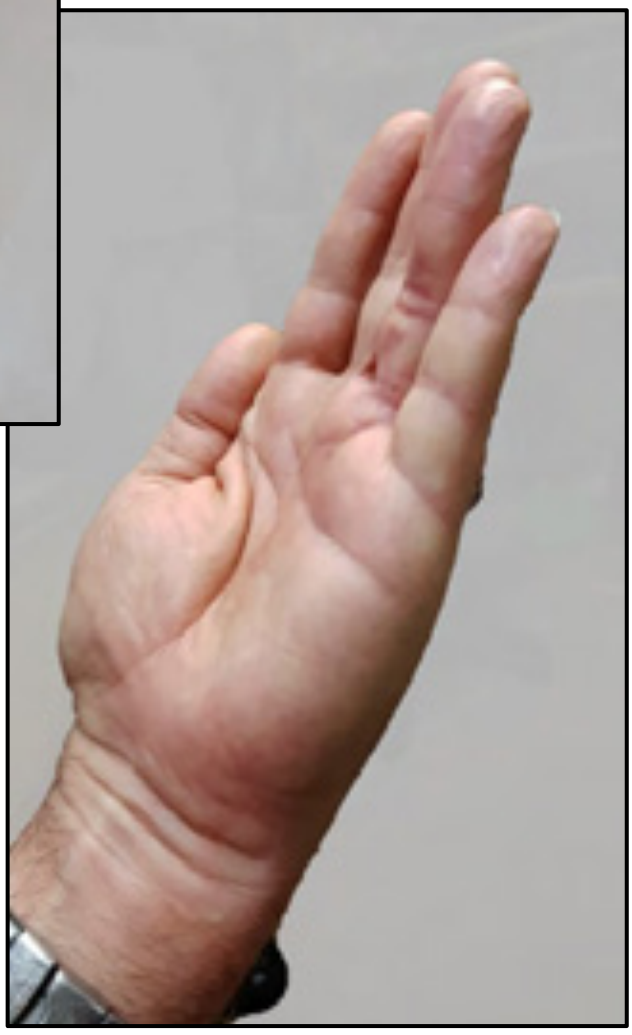


16th February 2019

17th February 2019

17th February 2019

17th February 2019



72 Days

17th February 2019